



The Role of Training in Basketball Concentration for Elementary Schools

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This study aims to get results about the role of elementary school level concentration training in basketball athletes, because what happens in the field at a very young age they experience psychological disabilities so that they experience less focus during competition, problems must be analyzed so that the results can provide psychological improvement to children especially at the level of concentration of athletes. This study uses a quantitative method that uses an instrument of grid concentration training and free throw with the athlete's implementation procedure to carry out concentration accompanied by a tester, a scoring system carried out with the total number of numbers mentioned minus the number of consecutive numbers that must be sorted. the results showed an increase from eight trials in 30 athletes with an average increase of 60%, before 20.80-26.57. It can be concluded that grid exercises and free throw tests can be used to increase concentration at the elementary school level

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INTRODUCTION

Children are the nation's investment, Indonesia's Human Development Index (HDI) in 2012 has not been so encouraging. From the latest data released by the United Nations Development Program (UNDP) Indonesia's Human Development Index is ranked 121th in the world from 184 countries. Learning difficulties are an important problem experienced by school-age children. In Indonesia research on learning difficulties or lack of concentration level on children is still rarely done. One of the causes of learning difficulties in children is the low ability of children to concentrate on receiving lessons. The low concentration of learning also causes children's performance to be not optimal. Indonesian children's achievement is still quite low compared to other countries, especially in the field of basketball sports which is quite a lot done by adults, but what about the achievements of basketball in elementary school students, one of which is known from the 2011 Balitbang report on Trends surveys in Mathematic and Science Study (TIMSS) in 2007 that Indonesian student achievement has decreased, namely only ranked 36th out of 49 countries. The achievements of Indonesian children who are around 15 years old are still low, the results of a survey conducted by the Program for International Student Assessment (PISA) in 2009 showed that Indonesia ranked only 61 out of 65 countries. So that's why researchers focus on the research.

In the rural east of England in particular, the influx of migrants from Poland, Latvia and Lithuania has seen significant focus, including the commissioning of a full report by one local authority as said [Kenny and Bedford \(2012\)](#). In such contexts, sport can play a key role in shaping intercultural transfer among migrant groups ([Burdsey \(2004\)](#)[Evans and Stead \(2014\)](#)[Fletcher \(2012\)](#)) creating multilayered identities that can be reproduced or challenged through sporting affiliation, consumption and participation at both the global and local level [Burdsey \(2004\)](#). The Present study therefore aimed to highlight how sporting affiliation and national identity impacted upon the lived experiences of a group of Lithuanian migrants in the rural East of England in relation to basketball participation.

Basketball holds significant cultural importance to Lithuanians as a national sport ([Kaunaite \(2012\)](#)[Selvaraju et al. \(2012\)](#)) and between 2008 and 2014 the number of basketball teams in Lincolnshire (a rural county in the East of England) doubled in number, predominantly due to the founding of new Lithuanian teams. Despite this growth, however, the transition for Lithuanian migrants into existing British basketball structures has been problematic, and local resistance to Lithuanian teams has resulted in several altercations, protests from local and Lithuanian teams, and even cases of assault between players. Consequently, in a similar action to that which has seen numerous 'all Asian' association football leagues set up across the UK as said [Burdsey \(2004\)](#) and [McGuire et al. \(2001\)](#). Lithuanian players set up a rival, separate league competition to the existing league structure in Lincolnshire in 2012. Such actions are suggestive of perceptions of cultural mutual exclusion from both migrant and host population that goes beyond sporting practice. These factors are encapsulated in previous studies of migration as a global phenomenon, within which the key debates are outlined in brief below.

The free throw is the single most important shot in the game of Basketball, as close to twenty per cent of all points in NCAA Division 1 Basketball are scored from free throws as said [Kozar et al. \(1994\)](#). The shot becomes more important later in the game, as free throws comprise a significantly greater percentage of total points scored during the last 5 minutes than the first 35 minutes of the game for both winning and losing teams as said [Kozar et al. \(1994\)](#).

There are two basic styles of free throw used in basketball- the overhand push shot and the underhand loop shot. Favored the under hand loop shot due to the steeper angle of entry and smaller drift of the ball from better stability provided by holding the ball with both hands and applying greater spin at release. Greater spin caused the ball to rebound into the hoop more often than a shot with less spin as said [Reilly \(2006\)](#). One of the reasons the technique is not commonly used is that there is no carry over to the game other than to free throws; while the push shot is used for many other shots in the game. It also looks very different and unique and many players are concerned for their image while shooting as said [Reilly \(2006\)](#). The underhand loop free throw shot has seldom been seen in recent years, but Rick Barry was an NBA hall of fame forward who had a career average of 90% using the underhand style as said [Okubo and Hubbard \(2006\)](#).

The free throw should be one of the easiest shots in basketball, since the player is all alone, 15 feet from the basket, with no defense and no close distractions. All the player has to do is get ready, aim, cock the ball and shoot. A skilled intercollegiate team should shoot at least 80 per cent from the free throw line, but very few teams are able to accomplish this task. Successful free throw shooting requires good concentration, but most importantly good mechanics in the shot. However, good mechanics alone cannot account for success in shooting free throws. [Kozar et al. \(1994\)](#) reported that practice free throw percentage for all free throws was significantly higher than game free throw percentage for an NCAA team over two seasons.

Concentration is the concentration of mind power and action on an object that is studied by dispelling or eliminating everything that has nothing to do with the object being studied. In this case, students should focus their minds on the teacher's explanation and put aside other things. The condition of students who do not concentrate on studying in class can not only harm themselves, but also can disturb the class's peace. For example, when the teacher teaches in front of the class, the students who talk show that they are not concentrating on learning. This not only made him not understand the lesson, but also made friends who were invited to chat did not pay attention to the teacher. Student learning concentration is influenced by two factors, namely internal and external factors. Internal factors are factors that arise in students themselves, while external factors are influences that come from outside the individual\$ ([Susanto, 2006](#)). The concentration of students at the elementary school age becomes more selective, adaptable, and planned \$ ([Berk, 2012](#)). High quality education in elementary schools greatly determines cognitive development and concentration of children. Good education can be measured through class size (maximum 18 children), physical environment, curriculum, daily activities, and interaction between teachers and students. When referring to this quality, it can be clearly seen in

Indonesia that most elementary schools that meet these criteria are private elementary schools. Public elementary schools generally have large class sizes that can reduce children's concentration.

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The main reasons why children find it difficult to concentrate when learning is because they are not interested or dislike the material being studied and the methods used. The method used to increase concentration can not only be done in class, but also much that can be done outside the classroom to support children's concentration. As one way is in basketball.

METHOD

Population is a generalization area consisting of objects / subjects that have certain qualities and characteristics set by the researcher to be studied and then drawn conclusions [Sugiyono \(2012\)](#) In each research population selected closely related to the problem to be studied, the population is object of research. According to [Arikunto \(2002\)](#), the population is a very central position because in the subject of the study the data about the variables studied were observed by researchers.

Population according to [Indrawan \(2014\)](#) is a collection of all elements that will be drawn conclusions. The population used in this study were all basketball extracurricular participants. According to [Arikunto \(2002\)](#). If the research subjects are less than 100, it is better to take all of them so that they are population research, the subject of this research is 30 extracurricular participants. So that the sample studied is the whole of the population. Thus, this research is called population research.

This research is an experimental method using a 2x2 factorial design, therefore this method is a validation test that is testing the effect of one or more variables on the other vari-

ables. [Sukmadinata \(2012\)](#) states that experimental research is the most complete quantitative research approach, in the sense that it fulfills all the requirements to test a causal relationship. Quantitative research method which is a research method intended to explain phenomena using numerical data, then analyzed which generally uses statistics as said [Suharsaputra \(2012\)](#). Research design through initial tests and the final test of the design or factorial design group 2x2 can be see in [Figure 1](#).

[Figure 1 about here.]

[Table 1 about here.]

RESULT AND DISCUSSION

There is a significant relationship between concentration and accuracy of free throw on basketball players. This can be seen from the significance value of 20.80 increasing on average to 26.57 indicating there is a relationship between the concentration variables with the accuracy of free throw is on the medium. The correlation between concentration variables and the accuracy of free throw has a positive direction. The meaning of the direction is the lower the level of concentration that the player has, the less precise the shot is done at the player during the free throw, and vice versa

Concentration is the ability to focus attention on the task by not being disturbed and influenced by stimuli that are external or internal as said [Wilson et al. \(2006\)](#). In this case a basketball player who has a good concentration, has the ability to focus on what has become his task, so that when the player is at high concentration, the player will not be affected by various kinds of stimulus. In line with Prana's opinion that concentration is understanding and mastering thoughts and feelings so that they no longer respond chaotic to each event. So that players who have good and high concentration are players who can understand and master thoughts and feelings so that what has become their task in the field can be mastered and done well.

Precisely free throw shots on basketball players are influenced by the high concentration that exists in the players, as the results of the research show that there is a relationship between concentration and accuracy of free throws. The higher the concentration of basketball players in performing free throws, the more appropriate and many points are obtained when free throw. Likewise, the lower the level of concentration of basketball players when performing free throws, the more incorrect and not get many points when free throws. The hypothesis in this study is that there is a relationship between the concentration with the accuracy of free throw which results in a fairly moderate correlation value and the results when viewed from the interpretation table, the correlation value includes a moderate value.

The results of the relationship in this study are moderate because the average subject has a moderate level of concentration, which results in the accuracy of the medium free throw as well. The lower the level of concentration of the player, the more difficult players will be to score numbers during free throws, and conversely high concentration can create good

shots and trigger a lot of numbers in free throws. The result of the correlation that is currently in this study is due to the good level of concentration on the player, namely where the player feels that they have no difficulty in implementing the free throw technique.

CONCLUSION

This study examines whether there is a correlation between the concentration variable and the variable accuracy of free throw. Concentration measurements were measured using a Grid Concentration Exercise measuring instrument to measure the accuracy of free throws. The results of this study were calculated using the product moment correlation test. This technique is chosen based on the assumption test results which say that the population data is normally distributed and has a linear relationship between the dependent variable namely the accuracy of free throw and the independent variable namely concentration.

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Conflict of Interest Statement: The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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TABLE 1 | Information about [Figure 1](#)

A1B1:	Groups of players who have high concentrations are trained with internal training methods of concentration
A2B1:	Groups of players who have high concentrations are trained with external training methods of concentration
A1B2:	Groups of players who have low concentrations are trained with internal training methods of concentration
A2B2:	Groups of players who have low concentrations are trained with external concentration training methods

LIST OF FIGURES

1 Research design through initial tests and the final test of the design or factorial design group 2x2 60

<div>Manipulative variable</div> <div>Attributive Variables</div>	Exercise Method <i>Internal Konsentrasi</i> (A1)	Excercise Method <i>External Konsentrasi</i> (A2)
High Concentration (B1)	A1B1	A2B1
Low concentration (B2)	A1B2	A2B2

FIGURE 1 | Research design through initial tests and the final test of the design or factorial design group 2x2